

OVER-THE-COUNTER MEDICATIONS SAFE FOR PREGNANCY



If you have questions regarding a medication not listed or the use of one of these medications in combination with other prescribed medical conditions, please consult your physician.

CSHP WOMEN'S HEALTH EMERGENT CONTACT INFORMATION:

Briargate: 719-268-2820 | East: 719-570-0620 | Southwest: 719-226-8645 | After Hours: 719-522-1135

HEADACHE

Tylenol
Extra Strength Tylenol
Tylenol PM at bedtime
Unisom

DO NOT TAKE:
Ibuprofen, Aspirin, Aleve

COLD/COLD SYMPTOMS

Actifed	Tylenol Cold Formula
Benadryl	Zyrtec
Chlor-Trimetron	DO NOT TAKE:
Coricidin HBP	Cold medications with "D"
Claritin	Alka-Seltzer products
Dimetapp	

COUGH

Robitussin (No DM)
Cough Drops
Any over-the-counter syrup (NOT containing aspirin or ibuprofen)

YEAST INFECTION

Monistat 7

SORE THROAT

Gargle with warm salt water
Over-the-counter lozenges (Sucrets/Cepecal)

DIARRHEA

Imodium AD
Kaopectate

HEARTBURN

Mylanta/	Pepcid AC
Maalox	Prilosec
Tums	Prevacid
Roloids	Zantac
Gaviscon	

HEMORRHOIDS

Preparation H
Tucks pads
Anusol Suppositories

ALLERGIES

Benadryl	Zyrtec
Claritin	

DRY SKIN

Alpha Keri Oil
Palmer's Cocoa Butter
Vitamin E Lotion

NAUSEA/MORNING SICKNESS

Cola Syrup
Emetrol
Nestrex
Vitamin B6 (50 mg) & Benadryl (25 mg) at bedtime

CONSTIPATION

Milk of Magnesia	Fiber Con
Colace	DO NOT TAKE:
Surfak	Fennamint,
Glycerin Suppositories	Ex-lax, or any chocolate laxative
Miralax	<i>Be sure to drink 8+ glasses of water daily to prevent constipation.</i>
Metamucil or Benefiber	